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Explosion
centenary



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Honour
for Noble



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Your
move

the newham mag

issue 357 // 13 – 26 January 2017 // Every fortnight



Remembering the Holocaust

Re-living history of
persecution (p14)

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News

Hunt on for estate revamp partner

The search has begun to find a development partner to bring to life Newham Council's ambitious vision for the Carpenters Estate in Stratford that will create thousands of new homes and jobs.

A process to form a joint venture partnership to deliver the regeneration of the estate was given the green light by Mayor Sir Robin Wales and the council's Cabinet. It means the council will manage the transformation and ensure it delivers economic, social and environmental benefits to residents and businesses.

"Residents are at the heart of our plans to develop the estate. It is not just about investing in bricks and mortar but also in our people."

The estate currently consists of 710 properties across three tower blocks and some low rise properties. The council proposes to significantly increase the number of homes to approximately 3,000 with at least 1,000 of those affordable.

The transformation is set to create 1,000 jobs during the construction phase and more through 20,000 square metres of commercial space. Residents will be prioritised for vacancies through the council's employment service Workplace.

The council has also had discussions with Moorfields Eye Hospital NHS

Foundation Trust who are considering locating a hospital hub within the development. Carpenters Primary School will be expanded as part of the proposals and the Building Crafts College will be improved. There will also be community facilities.

A rehousing programme has been taking place on the estate since 2005. The council has worked with residents to help them find alternative homes. A Carpenters Residents Charter is in place that promises no rehoused resident will be worse off. It offers a generous compensation and removal package. Many residents have already left the estate through this programme.

Mayor Sir Robin Wales said: "Residents

are at the heart of our plans to develop the estate. It is not just about investing in bricks and mortar but also in our people. The existing community can be assured that we will continue to work with them."

Councillor Ken Clark, executive member for building communities, public affairs, regeneration and planning, said: "This has been a long process but it is important we get it right. We want a delivery partner who can deliver thousands of new homes and jobs and drive economic growth. Genuinely affordable homes are an essential part of our proposal. It is also about creating jobs and establishing a quality neighbourhood that offers commercial opportunities and improves the amenities already there."



Development set to offer 3,000 homes and 1,000 jobs

News

Charity walk aids needy causes

Mayor Sir Robin Wales accepted a donation of £10,000 raised by a charity walk organised by members of the Ahmadiyya Muslim Elders Association.

The cheque was presented during a reception at the Houses of Parliament to the Newham People's Trust Fund, which awards grants to those in financial hardship, are recovering from illness or need support to achieve academic goals.

More than 2,500 people took part in the Charity Walk for Peace, which is now in its 28th year. This year it took place around the Royal Docks and more than £500,000 was collected in sponsorship, which has been distributed to a range of charities.

The Mayor said: "I am delighted that the walk for peace raised so much money for worthy causes, both locally and across the country. It offer a big thank you to everyone who took part and to those who gave so generously."



The walk took place on 29 May



Cllr Shah, centre, at the vigil

Vigil shines light on domestic violence

Newham councillors were among more than 120 people who took part in a candlelight vigil at East Ham Library to show solidarity with women who have been victims of domestic abuse.

The event was led by Councillor Lakmini Shah, Newham Council's Cabinet member for domestic and family violence. A one-minute silence was observed and there was a performance by the Gospel Incognito Choir as well as poetry readings.

Councillor Shah said: "Newham has a zero tolerance approach to any forms of domestic or sexual violence. Only by standing together can we bring an end to all forms of domestic abuse. Our support services are available to anyone and I urge anyone facing domestic violence to contact our One Stop Shop for help."

The One Stop Shop can be contacted on **0845 451 2547**. More information on the help services available can be found at www.newham.gov.uk/dsv

More than 120 people stand against domestic abuse

...in brief

Panto fun is right neighbourly

Residents from across the borough joined councillors at Theatre Royal Stratford East for a performance of pantomime Sinbad the Sailor. The trip was organised by Newham

Council's community neighbourhood teams for residents aged 50 and over. More than 250 people and carers enjoyed the show packed with original music, audience participation and plenty of comedy.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "Events like these are designed to give some of our older residents an enjoyable afternoon out while helping them meet new people and forge new friendships."

Sinbad the Sailor will run until Saturday 21 January.



Councillors Clark, Forhad Hussain and Mas Patel, with residents

Three receive New Year honours

Newham Council's chief executive, a councillor, and the council's head of service responsible for enforcement and safety, have been awarded New Year honours.

Chief Executive Kim Bromley-Derry received a Commander of the Order of the British Empire (CBE) for distinguished service to local government. Canning Town North ward member Clive Furness received a British Empire Medal (BEM) for making a significant difference to the lives of young people.

Simon Letchford, strategic enforcement manager for neighbourhood operations, received the Queen's Police Medal (QPM). He served in the Metropolitan Police Service for 30 years and is a former Newham Borough Police commander.

Mayor Sir Robin Wales said: "All are examples of the best that public service has to offer."

Better lights for car park

Newham Council will begin work on 30 January to replace lighting at the Stratford multi-storey car park off Great Eastern Road.

The car park will have new LED lights, including emergency lighting, to help maintain a safe venue. They will result in reduced maintenance and energy costs for the council and less carbon emissions.

The car park will remain open while work is carried out until March. For information on council car parks visit www.newham.gov.uk/parking

Workshop for carers

Newham Council's Stratford community neighbourhood team are holding a workshop for residents who are taking care of loved ones or supporting neighbours or friends without being paid.

The session at Stratford Library on Wednesday 25 January from 10am to midday will discuss community activities that are available for informal carers. Free refreshments will be provided.

To book a place or for more information call **0203 373 8325** by Wednesday 18 January or email commissioning.assistant@newham.gov.uk

New company cleaning up

Public Realm Services Ltd (PRS), a new company owned by Newham Council, is now providing street cleansing, drains clearance and estate management services in Plaistow, Canning Town, Custom House, Beckton and Royal Docks.

The company will make a significant contribution to future savings the council has to make and generate income.

Issues with street cleaning or dumped rubbish in these areas can be reported at www.newham.gov.uk/streetcleaning or via the Love Newham app.

Awards highlight the 'best' in public service

Mayor's view



Fight evils of racism, prejudice and bigotry

Happy 2017 to everyone. I expect there are many of us who have already failed to stick to the resolutions we made just after midnight on 1 January, but the one resolution I hope we can all commit to is a shared responsibility for making our borough a better and stronger place.

We can do that by supporting Holocaust Memorial Day on 27 January and showing that the suffering of the victims of the Holocaust and subsequent genocides has not been in vain.

" We will build resilience through respect for difference and a shared sense of belonging."

Each year Newham remembers the horrendous crimes, racism and victimisation committed during the Nazi persecution. It is our opportunity to strengthen our resolve to tackle anti-Semitism and discrimination in all forms.

The theme of Holocaust Memorial Day 2017 is How Can Life Go On? I invite people to join us at Stratford Old Town Hall on Friday 27 January from 9.30am to 12.30pm to hear from Harry Olmer, who lived through one of the most brutal periods of human history and survived no less than five concentration camps.

Thankfully, we are a democratic

and tolerant borough, free of the evils of prejudice, racism and other forms of bigotry. Yet we must remain vigilant against acts of discrimination and reinforce the importance of the Holocaust as a reminder of where such prejudices can lead. In doing so we will build resilience through respect for difference and a shared sense of belonging.

Times of genocide are always times of social upheaval with people forced to flee their homes. Of the 173 refugees that

have come to London under the Syrian vulnerable persons resettlement scheme, 26 have been housed in Newham.

We will continue to help vulnerable people who have fled conflict. The humanitarian crisis in Syria is unprecedented. Life has to go on for them, just as it did for those who survived or fled the Holocaust. Please join us on 27 January to remember the victims of all atrocities and make sure such hatred does not happen again.



At last year's Holocaust Memorial Day

Mayor about town



With Cllr Clark and our chess ambassadors

Making the right moves

Our Every Child programme is opening up a host of academic, cultural and sporting opportunities to give our young people the best start in life. That's why I was so proud when youngsters from our Every Child a Chess Player programme had a chance to show the world's best what they can do.

They were invited to be part of a gala West End occasion that was part of the London Chess Classic tournament, featuring ten super grand masters of the game. Councillor Ken Clark and I went to see them in action.

Joshua John, Kata Szatmari, Stefania Iosub, Shahjahon Saidmuradov, Issac Sawyer and Oscar Dybowski did us proud. They were superb ambassadors for our programme and for the Chess in Schools and Communities charity who are working with us to deliver the game in schools and libraries across our community neighbourhoods.

Playing chess is a great way for young people to pick up problem-solving skills. It also helps them build confidence and concentration, but most of all, it's fun. See page 17 to see how you can discover chess where you live.

School is top of the class

Our schools are doing better than ever and Forest Gate Community School is up now up there with the best.

Head teacher Simon Elliott and his team have worked hard to transform it in a short space of time from an underperforming school to one now rated as outstanding by Government inspectors.

The school's most recent exam scores were its best yet. I was therefore delighted to be able to present the school with a prestigious NACE Challenge Award, which is given for high quality work by the whole school in challenging all pupils, including able learners with high abilities, to achieve their best. Only about 300 schools across the country have this award so to receive it is a great achievement.

I am sure that with strong management and leadership similar to that at Forest Gate, all of our schools will continue to do what they are good at; nurturing talent and challenging our young people to be the best they can be.



Presenting the NACE award to Mr Elliott and pupils

REMEMBERING THE SILVERTOWN EXPLOSION — 100 YEARS ON

AT JUST BEFORE 7PM ON 19 JANUARY 1917 THE BIGGEST EXPLOSION EVER IN LONDON DESTROYED A LARGE PART OF SILVERTOWN. AT EXACTLY THE SAME TIME 100 YEARS ON, A COMMEMORATIVE SERVICE IS TAKING PLACE IN MEMORY OF THOSE WHO DIED.

Many people had already left factories and were either on their way home or sitting down to dinner when they heard the mighty explosion at 6.52pm. It had begun with a fire at the chemical plant owned by Brunner, Mond & Co, and resulted in the detonation of 50 tonnes of the highly explosive substance known as trinitrotoluene (TNT).

The plant had been ordered by the Government to produce TNT since explosives were in great demand on the Western Front. The company had resisted this development as the surrounding area was so densely populated. Even handling TNT was hazardous. Many workers found that it turned their skin yellow and caused nausea and chest pains.

The explosion led to the instant destruction of part of the factory and several streets nearby, showering molten metal over several miles, beginning fires that were seen from as far away as Kent and Surrey. Shockwaves were felt in Essex and the blast was heard as far away as Norwich and Portsmouth.

Between 60, 000 and 70,000 buildings and properties around the factory were damaged. It resulted in the deaths of 73 people and more than 400

were injured, 94 of them seriously. The dead included firemen, factory workers and children asleep in their beds.

It also destroyed the fire station which was situated directly opposite the factory and wrecked the firemen's living quarters behind it, killing some of the crew and their families.

"It is right that we should take a moment to remember those who died that night"

In those days people lived close to the factories in which they worked. With up to 70,000 buildings damaged, many people had to be dug out of the debris.

The walking wounded were treated, the homeless were put up in temporary accommodation and children were taken care of as everyone from volunteers and council staff to community organisations pulled together.

A memorial stands at Royal Wharf in the Royal Docks where the commemorative service will be held on 19 January. Newham Council will be hosting an exhibition dedicated to the

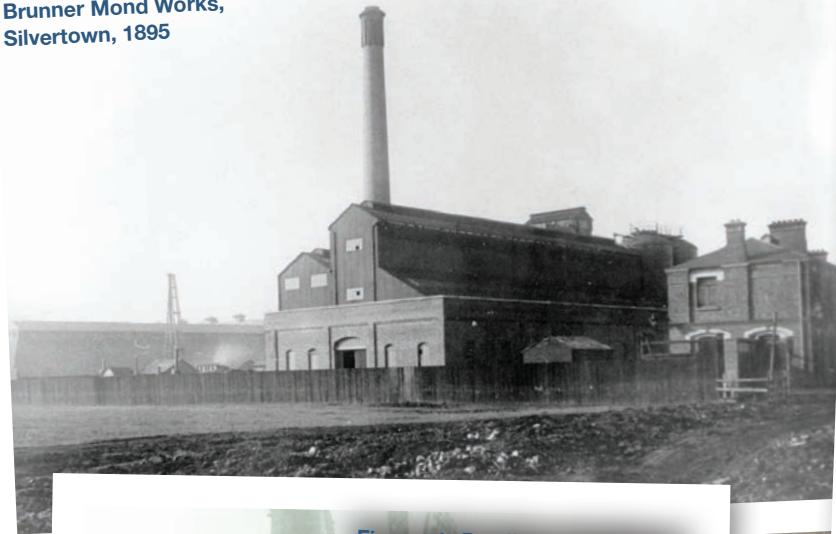
explosion in libraries on dates to be announced.

Councillor Ken Clark, Cabinet member for regeneration, planning, building communities, and public affairs, said: "The explosion in Silvertown resulted in a huge loss of life at a time when Britain was already seeing thousands of deaths on the battlefields of Europe. As we honour our war dead, so it is right that we remember those who died on 19 January 1917 because they too were engaged in the war effort producing munitions."

Although an investigation failed to establish the exact cause of the explosion, it was suspected that it began with a fire in the melt-pot room of the plant, which spread and ignited the TNT. Much of it was sitting in railway wagons waiting to be transported. A subsequent Government inquiry concluded Silvertown was a totally unsuitable place for a TNT plant.

To see more photographs of the Silvertown explosion and others in Newham's heritage collection visit www.newhamphotos.com

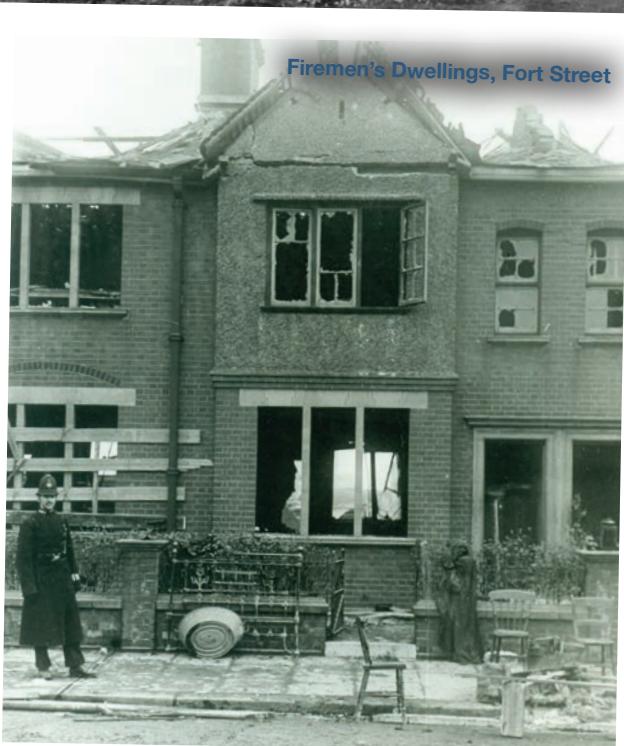
Brunner Mond Works,
Silvertown, 1895



Demolished houses
in Fort Street



Firemen's Dwellings, Fort Street



Freedom is a noble gesture



Freedom of the Borough is a way of expressing civic pride and recognising contributions to the borough. It is the highest honour Newham Council can bestow.

West Ham United captain Mark Noble and seven others who were bestowed with the honour in May 2016, received their embossed scrolls and medals during an official reception at the Old Town Hall in Stratford last month.

Mayor of Newham Sir Robin Wales said: "Each recipient has made a significant contribution to Newham life past and present."

"I am honoured to accept it on behalf of my family. This is an incredible moment for them."

Canning Town-born Mark made his debut for West Ham United as a 17-year-old and has now clocked up almost 400 league appearances, scoring almost 50 goals. He said: "Newham is a wonderful place to grow up. It is where I learned to be a man.

"I had an incredible upbringing thanks to my family. I've achieved a lot of things in my life through football and with West Ham United but receiving freedom of the borough is one of the best things that has happened to me. I am honoured to accept it on behalf of my family. This is an incredible moment for them."

Other scrolls went to:

Christine Bowden – Honorary Freedom and Alderwoman

Christine was a councillor from 2002 to 2010 and Deputy Mayor from 2006 to 2010. She had a portfolio that covered human resources and industrial relations. She helped deliver

single status for Newham so that women were paid the same as men.

Paul Chelliah – Honorary Freedom

Paul has served the community for more than 30 years, first as a volunteer at the Trinity Centre in Manor Park, and latterly as Centre Director.

Marie Collier – Honorary Freedom and Alderwoman

Marie was a councillor from 1998 to 2014. She served as Chair of Council and was Civic Ambassador in 2002/03.

Val Fone – Honorary Freedom

Val has worked for disabled people's rights for almost 40 years as a community worker, a carer and as a councillor for eight years. She works tirelessly to ensure that disabled people are not discriminated against in any setting.

Keith Hasler – Honorary Freedom

Keith, a councillor for 14 years, served on the first Newham Council in 1965. He was instrumental in persuading the Government that Newham should be regarded as inner London for the purposes of teachers' pay.

Devendra Patel – Honorary Freedom

Devendra came to the United Kingdom in 1961. In 1978 he started a newsagent business in Plaistow. He is a respected community figure and is Immediate Past President of the London district of the National Federation of Retail Newsagents.

Newham and Essex Beagles Athletics Club – Honorary Freedom

The Beagles are one of the leading athletics clubs in Great Britain. Fifteen Olympians have worn the club's colours including Daley Thompson, Mo Farah, and Christine Ohuruogu, who attended the reception.

Four other scrolls will be awarded at a later date to:

Shama Ahmad MBE – Honorary Freedom and Alderwoman

Shama was a councillor from 1990 to 2014 and ceremonial mayor in 1996/97. She received an MBE in 2002.

Lew Boyce – Honorary Freedom

Lew was a councillor from 1982 to 1994. During his time on the council he chaired the committee that introduced the council's first race relations policy.

Kevin Jenkins OBE – Honorary Freedom and Alderman

Kevin served 28 years as a councillor. He co-founded the Canning Town care charity Community Links. He received an OBE in 1996.

The family of John Lock – Honorary Freedom

John, a councillor from 1986 to 1994, was conferred with freedom of the borough in October but passed away in November 2016. His family will accept the honour on his behalf.



Above: The proud recipients with Newham Council chief executive Kim Bromley-Derry and Mayor Sir Robin Wales. Right: Mark Noble with his scroll alongside the chief executive and Mayor.



Mark Noble



JEANS GETTING A BIT TIGHT?

In our adult years, the lifestyle choices we make can dramatically increase our chances of becoming ill later in life.

Making small changes now can improve your health right away and double your chances of staying healthy as you get older. It's never too late to start.

Search One You and take the free health quiz to see how you score.

BECAUSE THERE'S ONLY
ONE YOU

Property licensing consultation – have your say

In January 2013, Newham Council launched a five-year private landlord licensing scheme to ensure our residents live in safe and suitable accommodation and are treated fairly and lawfully by their landlords.

In October, we told you that this current scheme is due to expire in December 2017. As a result, we are carrying out a statutory consultation to hear your views on proposals for a new property licensing scheme for landlords of privately rented properties in Newham.

The introduction of licensing in 2013 has allowed Newham Council to:

- > **Ban 28 landlords**
- > **Take 930 prosecutions against landlords who have been renting poor quality accommodation**
- > **Recover £1.9m in unpaid Council Tax from these landlords**
- > **Reduce anti-social behaviour notices (ASB) served on rental properties by 61%**

As more than 60,000 Newham households rent from a private landlord, Newham Council is committed to ensuring all accommodation in the borough is of a high quality, irrespective of who owns the property.

The proposed scheme aims to raise housing standards within the private sector in Newham by:

- > **Strengthening rights for tenants – introducing a breach of licence if landlords ignore tenants' complaints**
- > **Promoting a cleaner Newham – making sure properties have adequate disposal and collection facilities to reduce fly-tips**
- > **Tackling irresponsible landlords – undertaking vigorous random checks to identify those who persistently flout the rules**
- > **Tackling anti-social behaviour and poor management of properties owned by landlords**
- > **Improving living standards for residents**

The consultation is closing on **Monday 23 January 2017**. You still have time to have your say. So whether you are a private tenant or landlord, a local resident or business, Newham Council wants your views on these proposals.

For full details on the proposals and to complete the online questionnaire visit www.newham.gov.uk/licensingconsultation



Poor quality accommodation uncovered

Re-living history so it never happens again

Harry Olmer belongs to a rapidly dwindling group of people who experienced and witnessed the horrors of Nazi persecution of the Jews during World War 2. In the year in which he will celebrate his 90th birthday, Harry will be sharing the story of his survival at the Old Town Hall, Stratford, on Friday 27 January.

He lived through one of the most barbaric, brutal periods of human history and managed to survive no less than five concentration camps. He was barely alive when the Russians marched into a camp in Czechoslovakia on 8 May 1945.

After the war he was brought to the UK where he settled in Glasgow and studied dentistry. After qualifying he ran a successful dental surgery in Potters Bar and only retired a few years ago. He married Margaret and the couple now have four children and eight grandchildren.

"You can't imagine what it was like... I hope no one will have to imagine what it was like ever again."

Harry was the fourth of six children and was born in Sonsowiec, Poland, in 1927. One of his earliest memories of the war is from 1942 when 650 people were taken to a wood and shot. Harry said: "I was in a truck with a lot of other people and could hear the shooting. We had a woman who started screaming, so they stopped the truck and shot her.

"They separated all the women and children, and they were put on wagons and taken away. That was the last time I saw my mother and my sisters. The trains took all the women and I did not have time to say goodbye."

Harry was taken, with his father and brother, to the Plaszow concentration camp near Krakow, later to become

famous in the movie Schindler's List.

In October 1943, he was moved to Skarzysko, where he was handling munitions. "That was even worse – I looked through the gates and everything was yellow, even the trees.

"There were no showers at all; there was just a trough with taps and that was all we had. The latrines were absolutely horrendous. When I arrived, I was put into this hut and the smell was unbelievable, unbearable.

"There was a big box by the washroom and all the people that had died that week were put in that box – it was full of decomposing bodies."

What is the worst thing he remembers? "Well, I think it was the living conditions, the accommodation and the food. We did not have bunk beds, it was just wooden platforms and the bed bugs and lice, they were just unbelievable. The food was cabbage soup, nothing else. They gave us a hunk of bread in the evening and that had to last us for 24 hours."

"You can't imagine what it was like... I hope no one will have to imagine what it was like ever again. How did I survive? It was just simply luck. I did not do anything heroic. It was just luck.

In 1944 he was sent to Buchenwald – a place that was "like a holiday camp. They stripped us of our rags, gave us showers, striped uniforms and clogs." They were put to work, doing simple tasks and given two meals. Harry even received a piece of chocolate, white chocolate no less, from a German guard.

From there he was sent to Schlieben, in Germany to work at a munitions

factory – filling shells with explosives in an activity that proved poisonous when handled without protective clothing.

One night, the entire factory blew up with the loss of the whole of the night shift although Harry was lucky – he was on the day shift.

By this time Harry was very sick and was among those who were evacuated to a ghetto in Czechoslovakia shortly before liberation by the Russians on 8 May.

"That is why I go to the schools, to talk to the schoolchildren. So they can hear the story, it is my story, its living history."

Harry said: "I was very very sick and if the war had lasted another day, I would not have survived.

"This is my story and people say it can't happen again but it did, in Cambodia, in Europe, Serbia and now, as we are seeing, in Syria with Aleppo.

"That is why I go to the schools, to talk to the schoolchildren. So they can hear the story. It is my story; its living history."

HOLOCAUST MEMORIAL DAY

**Friday 27 January 2017,
9.30am-12.30pm. Old Town Hall,
29 Broadway, Stratford E15**



**HOW CAN LIFE GO ON?
HOLOCAUST MEMORIAL DAY 2017**



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Rented property licensing proposals - have your say

Whether you are a private tenant or landlord, a local resident or business, Newham Council wants your views on proposals to bring in a new licensing scheme for landlords of privately rented properties after the current scheme expires.

The proposals aim to tackle anti-social behaviour and poor management of properties owned by landlords who do not operate in a professional way and fail to comply with the law.

It also aims to improve living standards for our residents.

For full proposal details and to respond to our questionnaire, please visit
www.newham.gov.uk/licensingconsultation

The consultation closes on **Monday 23 January 2017**. All responses must be received by this date.

To Let





Meeting the Grand Master

Playing chess is a great way for young people to have fun while picking up problem-solving skills. It also helps them build their confidence and concentration.

Former world champion and Indian Chess Grand Master Vishy Anand paid a special visit to Ravenscroft Primary School in Canning Town to teach children some special moves and to underline the importance of the game in schools.

The visit was part of the Every Child a Chess Player initiative that is run through a partnership between Newham Council and the charity Chess in Schools and Communities (CSC) who deliver the chess lessons and all the equipment.

Vishy was joined by Mayor Sir Robin Wales and played chess with a group of 26 children in the hope of inspiring a new generation of players, particularly girls who

are often under-represented in the game.

Newham already has a thriving network of chess clubs at libraries across the borough which are proving popular with children of all ages.

The Mayor said: "We know from the children who attend our chess clubs just how much they enjoy the game. Having Vishy visit Ravenscroft Primary School will, I am sure, encourage many more to take up the game, which can have a huge and positive impact on their ability to focus and discipline."

The visit was organised by Chess in Schools and Communities, whose mission is to improve children's educational

outcomes and foster their social development by introducing them to the game of chess in schools and communities.

To find out about the chess clubs in your community neighbourhood download the free What's On in Newham app by visiting www.newham.gov.uk/communityevents

For other information visit www.chessincschools.co.uk or www.newham.gov.uk/everychild

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Balaam Leisure Centre, 14 Balaam Street, Plaistow E13 8AQ
East Ham Leisure Centre, 384 Barking Rd, East Ham E6 2RT
Manor Park Fitness Centre, 464 High Street North, Manor Park E12 6QN
Newham Leisure Centre, 281 Prince Regent Lane, Plaistow E13 8SD

[†]This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.



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Newham Council is determined to deal with those who blight our borough with fly-tipping and have said time and time again that we will use every asset at our disposal, including taking them to court.

Last month, Thames magistrates fined a 22-year-old builder £1,200 for dumping a total of 40 black bags of rubbish in Newham.

Balazs Horvath, of Westcliff-on-Sea, was seen fly-tipping 20 bags of rubbish in Dukes Road, East Ham, at 10.30pm on 16 May 2016. He was seen by Yaseen Bux, a former Young Mayor of Newham, who challenged him.

Although Horvath fled the scene in his van he was later captured on CCTV dumping another 20 bags of rubbish in Heigham Road, East Ham.

Yaseen's evidence helped convict Horvath of fly-tipping. His eye-witness account was backed up by council CCTV cameras, which captured Horvath's orange van at the scene of the fly-tip.

Extensive investigations by the Newham Fly-tip Task Force found forensic evidence linking the two incidents to the same van. The vehicle was subsequently seized and Horvath charged with two counts of fly-tipping.

Horvath admitted the charges and was fined £1,200, ordered to pay £1,000 costs, plus a £120 victim surcharge. His van will also be destroyed by the council. Yaseen, who has now been transferred to the Fly-Tip Task Force, said: "I am a very proud Newham resident and when I saw this man using my home town as a rubbish tip, I was furious."

"When I saw this man using my home town as a rubbish tip, I was furious."

Mayor Sir Robin Wales said: "We are very proud of Yaseen. His actions, together with the subsequent Task Force investigation, helped bring Horvath to justice. While we wouldn't encourage people to directly challenge fly-tippers we would encourage them to be observant and report incidents to the council in as much detail as possible."



To report fly-tipping or
for more information visit
www.newham.gov.uk/flytipping

Hefty fine for fly-tipper



Get active in 2017 to cut diabetic risk

With the start of the New Year many of us resolve to get fitter and improve our lifestyles with exercise and eating healthier.

Everyone can benefit from such resolutions, but residents identified by their GP as at risk of developing diabetes can now take part in an innovative 24-week programme. It is known as the 150Club – a scheme developed by NHS Newham Clinical Commissioning Group and Newham Council in collaboration with the West Ham United Foundation, activeNewham and the Staywell Partnership.

Taking its name from the recommended amount of 150 minutes of exercise people should take per week, the 150Club sees patients develop a physical activity programme that fits with their goals, lifestyle and ability.

"The 150Club is a fantastic example of organisations coming together to tackle diabetes, giving residents the chance to take back control of their health."

A wide choice of classes and locations are available, making it easier for people to exercise in a way that works best for them. Each person also receives one-to-one support to make sure that they get maximum benefits from the programme.

In Newham there are almost 24,000 residents diagnosed with Type 2 diabetes – that's eight per cent of adults in the borough. In addition, more than 28,000 people in Newham are also estimated as being at high risk of developing Type 2 diabetes in the future, and the NHS sees thousands of new cases each year.

The main symptoms of undiagnosed diabetes include going to the toilet more often, especially at night, increased thirst, extreme tiredness or unexplained weight loss. Other things to look out for include slow healing of cuts and wounds, blurred vision or regular episodes of thrush.

Dr Prakash Chandra, a local GP and chair of NHS Newham Clinical Commissioning Group (CCG), said: "Diabetes is one of the biggest

challenges we face locally. That's why we're working to support local people to stay healthy and reduce their risk of developing the disease. We're also helping people already living with diabetes to take control of their health and better manage their condition."

Local people have said that the 150Club scheme works well for them and that they are losing weight, forging new friendships and gaining self-confidence.

After completing the programme in 2014, Manor Park resident Maria Bedoya said: "I absolutely loved attending the classes, especially the salsa class. Since joining I've felt more confident in myself, I don't always feel tired and I have made many friends." She also said that she felt more energetic, happier and even visits her GP less regularly.

Following the 24-week programme, patients are directed to a number of services across Newham to help them continue their healthier lifestyle – ranging from walking football to tai chi classes – so that they can continue to maintain a healthy lifestyle long-term.

Councillor Clive Furness, mayoral adviser for adults and health, said: "The 150Club is a fantastic example of organisations coming together to tackle diabetes, giving residents the chance to take back control of their health."

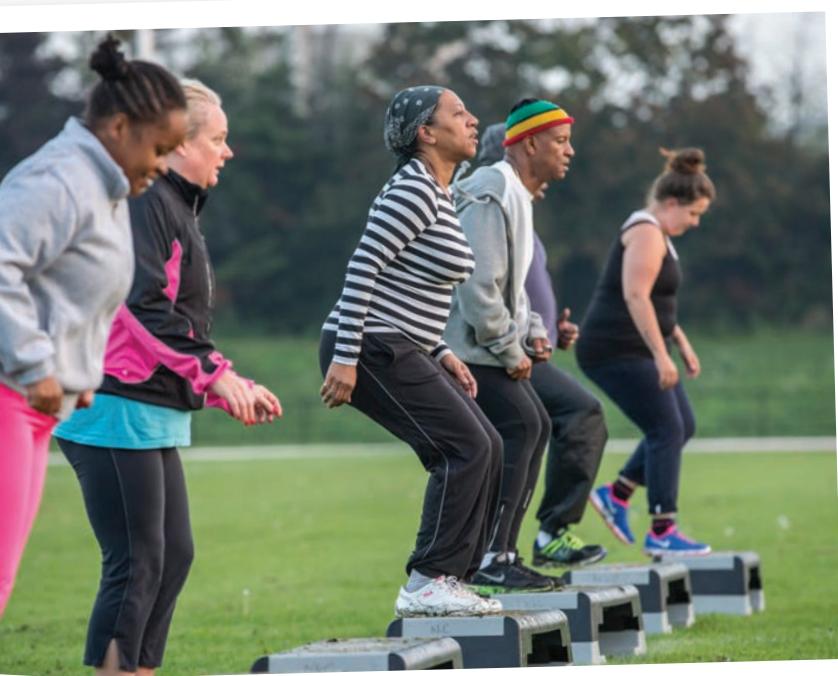
What can you do?

Many people don't realise that up to 80 per cent of Type 2 diabetes cases could be delayed or prevented by making a few simple changes – eating healthily, stopping smoking and being more active. Changing habits can be hard, but could make a big difference.

If you are worried about your health or about diabetes, you should speak to your GP, who may refer you to the 150Club if you're identified as being at risk of developing diabetes or another long term condition.

For more information about diabetes visit www.diabetes.org.uk or search 'One You' to take a free personalised health quiz.





Diabetes Support Club

Newham Council's Community Neighbourhood Link Workers host a monthly Diabetes Support Club at Manor Park Library on the third Friday of every month. Come along on Friday 20 January (5.30-7pm) for advice about managing diabetes or reducing your risk of developing the condition. To book your place or for more information:

Email: zakir.adam@newham.gov.uk
Call: 020 3373 0858 or 07812 675 213



Have an active New Year

For those of us who may have enjoyed the festive break a little too much, there is help at hand to get us active and healthy.



We've all overindulged, gained extra insulation for our winter coats and driven ourselves into sugar induced comas. However, some say that summer bodies are made in the winter, and it comes as no surprise that it's at this time of year that most fitness regimes start.

Many people make New Year's resolutions and set goals for themselves. Fortunately the council's leisure provider, activeNewham, is here to help us turn those good intentions into reality.

Whether you want to play your favourite sport, work out in the gym, make a splash in a pool, or simply enjoy attending fitness classes, then there's something for you at activeNewham.

Each leisure and fitness centres is equipped with state-of-the-art fitness equipment and a huge range of classes which have everything from high impact fat-burning workouts that sculpt your body, to holistic classes such as yoga and pilates that relieve stress while improving balance and flexibility. Four of the centres have swimming pools with free sessions for Newham residents over 60 and under 16 as well as fantastic fun swimming sessions for all ages.

"Each leisure and fitness centre is equipped with state-of-the-art fitness equipment and a huge range of classes."

activeNewham offers the best range of programmes anywhere in Newham for getting fit, more active, and staying healthy. Whether you're a frequent gym-goer or just starting out, staff are on hand to help. All you have to do is pop down to one of the centres and talk to our staff about getting fitter.

Newham's leisure centres have a range of tailor made affordable memberships starting from as little as £15.95 per month.

Here are some of the things you may want to try:

> In April, activeNewham in partnership with Newham Council opened the new Atherton Leisure Centre in Forest Gate.

The superb new centre gives Newham residents an unrivalled experience with access to the most up-to-date sports and leisure facilities.

For more information about becoming a member of the new centre, call **0300 124 0123** or visit www.activenewham.org.uk

> A new health suite has been installed at East Ham Leisure Centre with a top-of-the-line sauna and steam room. A number of significant improvements have also been made to the leisure centre with an investment of £150,000 for refurbishment works carried out over the festive period.

> activeNewham provides a wide range of sporting activities which are a fantastic way of getting fit and making new friends. There are regular coaching sessions for beginners in cricket, football and tennis and special programmes for female residents and for people with disabilities. Nowhere in London offers such a variety of activities, so check out the website and see what's available for you and your family.

> Newham has some of the best parks and outdoor spaces in London with opportunities to participate in activities throughout the year based on everyday outdoor activities such as walking, gardening and playing in the parks.

> Have you ever thought of getting more involved in your local community by joining Newham's volunteers? Not only does it make a difference to your local area and the people who live there, but it also allows you to meet new people and learn some valuable new skills and be very rewarding.

For more information about getting more active, visit www.activenewham.org.uk or call 0300 124 0123





HOLOCAUST MEMORIAL DAY

**Friday 27 January 2017, 9.30am-12.30pm
Old Town Hall, 29 Broadway, Stratford E15**

Holocaust survivor Harry Olmer will share his testimony as our guest of honour and main speaker. The theme for this year's event is **how can life go on?**

This is a **FREE** public event. All are welcome to attend.

www.newham.gov.uk/hmd NewhamLondon

The Mayor with Chair of Red Door Ventures, Lesley-Anne Alexander

Delivering on homes promise for residents

Mayor Sir Robin Wales took part in a ceremony to mark the end of construction work on 17 new homes that will soon be available to residents for rent.

The homes have been built on a former derelict brownfield site in Libra Road, Plaistow, by Red Door Ventures, a pioneering council-owned company which will create thousands of rented homes for residents.

The development comes on the back of Red Door Ventures' successful The Tanneries development in Stratford, which launched in Autumn 2015, and Nelson Street in East Ham which was completed in September 2016.

The new homes in Libra Road have been designed to create a three sided cul de sac that brings life to the street and

provides balconies or gardens for each, angled to maximize sunlight from the south.

"One of the promises I made as part of the New Deal for Newham was to deliver more homes"

Mayor Sir Robin Wales said: "One of the promises I made as part of the New Deal for Newham was to deliver more homes.

"Red Door Ventures has made incredible strides in 2016 in providing this. The company has increased the number of high quality properties in Newham as well as making a commercial return for the council, which can be invested in other services.

"I am proud of what the company has achieved so far and I am confident that their rapidly increasing portfolio of properties will develop even further. It is great to see the progress made on this high quality development in Plaistow and I look forward to seeing the finished homes."

Dumping rubbish is a crime!

You could be fined or imprisoned.



Keep Newham Clean

www.newham.gov.uk/flytipping

Please make recycling

your New Year's resolution



Keep Newham Clean

www.newham.gov.uk/recycling

Be financially fit in 2017 with MoneyWorks

Many of us may need extra cash to help us get through the New Year, either because we have overspent during the festive season or are facing unexpected expenses. Instead of resorting to payday loans with high interest rates, you can achieve financial fitness by visiting Newham MoneyWorks.

Funded by Newham Council, MoneyWorks offers Newham residents with an alternative to high cost payday loans at rates you can afford. Let us support you in becoming financially fit in 2017.

Although payday loans may solve short term money problems, they tend to have extortionate fees and leave you in financial difficulty in the long term.

Fortunately, Newham residents no longer have to rely on payday loans that have unaffordable repayment terms. To help kick start the New Year, Newham MoneyWorks can help boost your finances by providing an ethical and affordable alternative to high cost credit providers.

We have a range of financial products to suit your financial circumstances. You must be a Newham resident, over 18 and have lived in the borough for at least two years to be eligible.

If you are thinking of borrowing money don't go to high cost payday lenders, visit MoneyWorks to secure a better deal.

The table shows an example of the amount you will pay back with Newham MoneyWorks compared to typical high street payday lenders.

*The figures are based on repayment over a six-month period		MoneyWorks	High street lenders
Loan value	You pay back	You pay back	
£500	£539.82	£723.60	
£1,000	£1,079.58	£1,896	
£1,500	£1,619.34	£2,413.32	



Call: 020 8430 2041
Email: moneyworks@newham.gov.uk
Web: www.newhammoneyworks.co.uk
MoneyWorks, Unit 61-62 Stratford Shopping Centre, E15 1XF



26.8% APR representative. Newham MoneyWorks is a service provided by the London Borough of Newham. Newham MoneyWorks acts as a credit broker and not as a lender. All loans are subject to status and are provided by London Community Credit Union Limited, which is authorised and regulated by the Financial Conduct Authority. Services provided by MoneyWorks are not regulated by the Financial Conduct Authority.



funded by



Looking for a summer job in 2017?

Workplace are recruiting Newham residents for jobs at the Royal Collection Trust.
Register with us by Wednesday 18 January 2017 to apply.

020 3373 1101 www.newhamworkplace.co.uk Workplace.EngagementTeam@newham.gov.uk



funded by



Affordable
loans

Smart
spending

Need extra cash?
Visit MoneyWorks
Be financially fit in 2017

London Community
Credit Union

020 8430 2041

www.newhammoneyworks.co.uk
Unit 61-62, Stratford Centre, E15 1XF





Sponsor appointed for outstanding sixth form centre

Newham Collegiate Sixth Form Centre (NCS) based in East Ham will be sponsored by the City of London Corporation following a competitive Department of Education (DfE) process.

The City of London Corporation has been a DfE-approved academy sponsor since 2003 and has a strong track record of supporting schools and sixth forms in neighbouring boroughs.

The appointment will open up a wide range of new opportunities for NCS students and will see the collegiate become part of the City of London Academies Trust (CoLAT) later this year.

A new Academy Local Governing Board will be set up to oversee the governance of Newham Collegiate Sixth Form Centre. The Board will include

the schools that helped to found the collegiate, Newham College of Further Education, representatives from the City of London Academies Trust Board and Newham Council.

Newham Collegiate Sixth Form Centre is a 16-19 academic A-Level centre set up by Newham Council and nine of the borough's secondary schools to provide high quality education.

Its A-Level programme focuses on subjects preferred by selective universities.

The sixth form centre has been rated

outstanding by Government inspectors and its first set of A-Level results saw 96 per cent of its students achieve A* to C grades.

Councillor Quintin Peppiatt, Cabinet member for children and young people services, said: "The City of London's sponsorship of Newham Collegiate Sixth Form will secure the stable future of this outstanding sixth form school. The new sponsor will help us to continue to raise expectations, attainment and deliver enriching experiences for our pupils, which is crucial to the continued success of Newham Collegiate Sixth Form."



Pupils mark birth of man who transformed music education

Youngsters staged a variety of performances which incorporated music, literature, arts and history to celebrate the birth of John Curwen who had a huge impact on the teaching of music.

Curwen Primary School in Plaistow is named after John Curwen, who although born a Yorkshireman, set up a music printing press in Plaistow's North Street in 1863. He became famous for transforming music education by developing a simplified system of writing down music.

Paul Harris, executive head teacher at the school, said: "The children did John Curwen proud by honouring his name and achievements using various learning styles."

Curwen School was opened in 1888 and was originally called Stock Street Board. It was renamed Curwen Primary School in 1949 and demolished in 1980 to make way for a new one in 1981. It has since been extended and modernised to make it fit for the 21st century.

Pupils exhibit their work



Hard at work

Celebrating work of young artists

Students and staff from half a dozen schools in Newham exhibited their works of art created during the year.

Children and staff joined forces at Sarah Bonnell School in Stratford for the celebration, which also marked two years of their partnership with Bow Arts, an education charity that is helping to develop the next generation of artists in the borough.

The charity has been working with professional artists, teachers and pupils at six schools in Stratford, Plaistow and Forest Gate since January 2015 to deliver a programme of activity and learning opportunities for children and young people. A key aim of the programme is to embed the arts into the school curriculum.

Each school undertook a bespoke project, led by professional artists, to create amazing artwork that also addressed key school improvement priorities.



Artists at work



Residents enjoyed the event

Winter festival celebrates good deeds

Residents of a variety of ages enjoyed a winter festival which brought members of the community together.

The festival, which was held at the Shipman Youth Centre in Prince Regent Lane, Canning Town, was organised by Marian Olusanya, an active Newham volunteer who has been organising community events and street parties since 2012.

It was the second winter festival held at the centre and was supported by Custom House coffee morning members. The event included activities, competitions and prizes, many of which were donated by retailers at Gallions Reach shopping centre. Among those who received awards were residents who have had an impact on their neighbourhood.

Marian said: "I organise events like this in the community to bring people together to encourage tolerance and unity in the community. The reason we held this event was to celebrate the festive season as a community and to show appreciation to the residents who have impacted their neighbourhood positively."

Computer classes help residents to go online

Sixth form students have been teaching residents how to use computers to access services online.

The students from the London Academy of Excellence in Stratford have been running the community led service in Forest Gate Library on Friday afternoons. Their aim is to support local people who find it hard to apply for benefits and services online.

They are also encouraging people to become more computer literate and to increase their skills and confidence to use the internet independently.

Councillor Frances Clarke, Cabinet member for financial inclusion and health promotion, said: "I was worried about local people who can't access services and benefits online. It seemed a perfect match to ask young people to deliver this service as they have the computer skills. The students benefit from valuable work experience, develop communication, advice work and organisational skills - useful when applying for jobs and university."

The service is available on Fridays from 2 to 3.30pm in Forest Gate Library. No appointment is needed.



Sixth formers help residents

Awards recognise talent and achievements

Hundreds of people attended an awards event that celebrated the talents and achievements of young people.

The TruLittle Hero Awards, held at the Discovery Centre, in Jenkins Lane, Beckton, are an annual non-profit event dedicated to celebrating positive contributions and achievements of young people aged under 17.

The initiative was founded by Titi Omole three years ago and has rewarded more than 42 children. This year it focused on young people from Newham.

Among the 350 people who attended were Alex Jarrett, Newham's former young mayor and Councillors Ayesha Chowdhury and Joy Laguda.

Children from Newham's Every Child A Musician programme provided the main entertainment, together with the Every Child a Musician Choir and other young artists. Alex Jarrett, who spoke about her experience as a young mayor, received a TruLittle Leadership Hero Award 2016 for her positive contributions to the Newham community.

Councillor Joy Laguda spoke about the importance of encouraging children to make positive contributions to their communities especially with their talents.



Award winners

Kids' corner



PLEASE SEND OR EMAIL YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
or newham.mag@newham.gov.uk

Don't forget to add your full name, age, address and contact number with your entry. We cannot return any entries.

GALLERY



Arman Isaac Espidol, 6



Hamna Fazeen, 5



Musfirah Eman, 7



Yasmin Hassan, 9

Tickets to Stratford Picturehouse

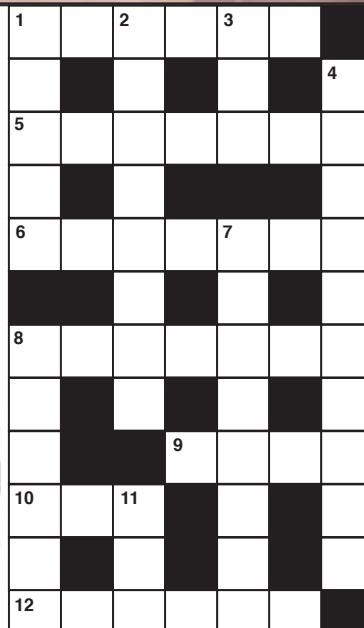
This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU or newham.mag@newham.gov.uk**. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Stratford Picturehouse, Theatre Square, E15

Colour-me-in Crossword



Across

1. Drink made from roasted beans (6)
5. The study of living things (7)
6. The white of an egg (7)
8. Buildings where kings and queens live (7)
9. Indian costume (4)
10. Steal (3)
12. Long, narrow ditch (6)

Down

1. Poisonous snake with a hood (5)
2. Sport played by Dele Alli (8)
3. Self-confidence (3)
4. Max Whitlock's sport (10)
7. Person who repairs cars (8)
8. Bird that can imitate the human voice (6)
11. Insect that produces honey (3)

Poem

Sunny Day

Mr Sun you're really hot and bright.
Mr Sun you boil a pot and make lots of light.

You make lots of friends.
Everyone likes you.
You're the hot sun and you are fun.

Mr Sun please shine on me and be bright.
You make lots of light and friends.

By Thiyash Pushpa Kanthan, 7

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1

Code Club (7-11) – Scratch, Python, cartoons, websites and more. All free. Bring your laptop if you have one. Booking required. Saturday, 11am to 12pm for beginners. From 12-1pm, for improvers. Custom House Library, Prince Regent Lane, E16

2

Adult Choir – A free opportunity to have a go at something different with a new adult choir. Fridays, 6-7.30pm at Stratford Library, The Grove, E15

3

Hula Hooping – Try something new this January with free, fun Hula Hooping sessions. No experience necessary. Open to all adults aged 18+. Wednesdays, 6-7pm, Stratford Library, The Grove, E15; Tuesdays, 5.30-6.30pm, East Ham Library, 328 Barking Road, E6.

TRY SOMETHING NEW... GLOBE DRAMA

Join in and develop drama skills and gain confidence as you explore different themes to create performances. For children aged 13 to 16 on Fridays, from 5-6.30pm, at Beckton Globe Library, Kingsford Way, E6. Sessions run until 28 April.



POST HOLIDAY DETOX

After eating and drinking too much over the festive season, join Herbs 4 Healthy Living for a detox and boost your immunity. Friday, 20 January, 12-1pm, Stratford Library, The Grove, Stratford, E15. Email: herbs4healthyliving1@gmail.com or call 0794 954 1008.



Indicates free sessions

Libraries unless stated.

UNDER-FIVES



Toy Library

Introducing toddlers to borrowing toys. Thurs, 11am-12pm, Beckton

Storytelling

Mon, 11-11.45am, Tues, 10.30-11.30am, Beckton; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am; Thurs, 10-10.30am, East Ham; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Fri, 10.30-11.30am, Manor Park; Tues, 10.30-11.30am, The Gate; Sat, 11.30am-12.30pm, Green St

Stay and Play

Support for parents and carers to develop their child through play. Tues, 9.30-11.30am, Jeyes C.C.; Every second and fourth Fri, 1.30-2.30pm, Sat, 12-1pm, Green St; Weds, 10am-12pm, Thurs, 9.30-11.30am, Stratford; Thurs, 1.30-3.30pm, Jack Cornwell C.C.

Jiggaress Session

Fri, 10-11am, Jeyes C.C.

Reading Together

Thurs, 2.30-3pm, Custom House

Bumps and Babies

Fri, 2-4pm, The Gate

Move It To Music

Interactive session for children, parents and carers to dance to get active with music and dance. Mon, 1.30-2.30pm, Stratford

Baby Massage

Five-week course. Register at Rebecca Cheetham Children's Centre on 020 8534 3136 Weds, 1-2pm, Stratford

Toddler and Parent Dance

For carers and children under six to dance to cartoons and videos. Mon, 2.10-3pm, Fri, 3.30-4.20pm, Green St

Music and Movement

For children and parents or carers to get active using different types

of dance and instruments. Tues, 9am-12pm, Plaistow

Sensory Storytelling
Second and Fourth Fri of month, 1-2pm, Green St

YOUNG PEOPLE



Games Club (7-16yrs) Sony PS3, XBox360, Nintendo Wii, board games and more. Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town

Young Readers Club (7-12yrs)
Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich

East Ham Youth Zone Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Froud Young Project (7-16yrs) Mon, 3.30-5.30pm, Jack Cornwell C.C

Arts and Craft Workshop (6-12yrs) Mon, 4-5pm, Beckton; Sat 2-3pm, Canning Town; Sat, 2.3pm, Custom House; Sat, 1-2pm, Tues, 4-5pm, Green St; Thurs, 6-7.30pm, Manor Park; Sat, 2-3pm, North Woolwich; Tues, 3.30-5pm, Plaistow

Just Dance! (up to 12yrs)
Sat, 5.30-6.30pm, Green St

Family Fun Night

Arts, crafts, games and quizzes. Weds, 5.30-7.30pm, East Ham

East Ham IT Youth Zone
Support in using IT for homework and fun. Mon, 4-7pm, East Ham

Family Movie Club
Sat, 4-5.30pm, Green St (up to 12yrs); Sat, 2-4pm, Plaistow; Sat, 5.30-7.30pm, East Ham

Board Games Club (7-13yrs)
Sat, 11am-12pm, North Woolwich; Fri, 5.30pm-6.30pm, Beckton

Young People's Positive Activities (9-19yrs) Weds, Fri, 7-9pm, Harold Road Centre

Time-2-Craft (16yrs+)
Various handicrafts. Sat, 10am-12pm, Stratford

Children's Movie Club

(5yrs+) Thurs, 4-7pm, North Woolwich; Sat, 4-6pm, Manor Park; Tues, Sat, 4.30-6.30pm, Beckton; Fri, 4-6pm, The Gate

Table Tennis Mondays

Meet new people and try your hand at table tennis. Mon, 4-7.30pm (children), The Gate

Lego Club

Create Lego models based on weekly themes, Sat, 3-4pm, The Gate.

Wii games and karaoke

For entire family, 3-13yrs, with parents. Weds, 3.30-5pm (Wii games)

Science Club

Carry out interactive experiments, watch demos and record results. Thurs, 4-5pm, The Gate

Gymnastics Classes

For boys and girls at Talent Central Cheer and Dance, Unit 27A, Gallions Reach Shopping Centre, E6. Tues and Thurs, Age 3+, 9.45-10.45am, 2pm-3pm; Weds, home school, 9.45-10.45am; Fri, mothers and babies, 10-10.45am. Call 0742 815 4301 to book.

Tae Kwando Club

Contact khanqukblackbelt@yahoo.co.uk or call 07984 684 805 for more info. Fri, 6.45-7.45pm, Green St.

The Chill Spot (11-19yrs)

Exciting youth initiative to bridge gap in after school provision. Activities include table tennis, discussions, creative workshops. Mon, Weds, 3-6pm, Stratford.

Story Building Through Physical Exercise and Song

Sessions to develop your story building and performance skills. Sessions provided by Filament Theatre. Fri, 20 Jan to 24 Feb, 5.30-7.30pm, East Ham

ACTIVITIES AND SUPPORT



Afternoon Tea

Weds, 4-5.30pm, Canning Town

Chess Club

Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Thurs, 5.30-7.30pm, Stratford; Tues, 1-2pm (adults), 5.30-7.30pm (children), The Gate; Thurs, 5-7pm, Custom House; Weds, 3.30-5pm, Jeyes C.C.; Weds, 5-7pm, Canning Town (age 7+)

Coffee Mornings

Tues, 11.30am-1pm, Beckton; Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45am-12pm, Canning Town; Tues, 11am-12.30pm, Custom House; 2nd Tues of month, 10.30am-12pm, Manor Park; Fri, 11am-12pm, Green St

Do It Online (18yrs+)

Computer classes. Weds, 2-3.30pm, Beckton; Tues, 10am-12noon, East Ham; Weds, 2-4pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House; Tues, Thurs, 11am-1pm, Green St; Weds, 10am-12pm, Plaistow

Knit & Natter (16yrs+)

Fri, 10.45am-12pm, Canning Town; Weds, 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, East Ham; Weds, 10.30am-12.30pm, Green St; Fri, 10am-12pm, Plaistow

ICT Surgery

IT advice for all ages. Fri, 2-4pm, Canning Town

ICT Drop-in Session

Set up a My Newham profile and create an email account. Fri, 11-1pm, The Gate; Mon, Weds, Sat, 9.30-11am, Stratford

Life in the UK Classes

Support for people taking the life in the UK test and B1. Call 0208 542 3904. Tues, 10am-12pm, Beckton; Fri, 12.30-2.30pm, Green St; Weds, 10am-12pm, East Ham; Tues, 12.30-2.30pm, Stratford; Weds, 12.30-2.30pm, Plaistow

ESOL for Beginners

For adults seeking to improve their English. Mon, Fri, 9.30am-11.30am, Field C.C; Tues, 9.30-11.30am, Weds, 9.30-11.30am, Jack Cornwell C.C

Ballroom Dancing (18yrs+)

Tues, 2-3pm, Beckton C.C;

Citizens Advice Sessions

Sessions on money management. 1st Mon of month, 11am-1pm, Manor Park

Basic Computer Skills

Fri, 10.30am-12.30pm, Manor Park

My Newham Workshop

Register with My Newham and access council services. Tues, 6-7.30pm, Manor Park; Mon, 11.30am-12.30pm,

English Conversation Club

Practise spoken English. Tues, 10.30-11.30am, Beckton; Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Stratford; Mon, 10-11am, Jeyes C.C; Mon, 10-11am, Plaistow

Stratford London Toastmasters

Public speaking club. First and third Mon of month, 6-8pm, Stratford

Docklands Drop-In Group

Weds, 1-3pm, Beckton C.C.

Model Train Workshop

Mon, 12.30-3.30pm, North Woolwich

Basic English for Beginners

Thurs, 10.30-11.30am, Green St

Poetry Group (16+)

Weds, Sat 11am-1pm, Stratford. Thurs, 6-7.30pm, Green St. Email sonesquin@hotmail.com

International Lunch Club

£3 per meal. Mon, 12pm, Beckton C.C

Dominoes

Sat, 2.30-7pm, Beckton

Conversation/debate Class for ESOL

Improve your spoken English with friendly

beginners conversation and debate club. *Thurs, 6-7.30pm, Stratford.*

Memory Lane Café

For people with dementia and their carers. *First Fri of month, 1.30-3.30pm, Stratford; Last Thurs of month, 1-3pm, East Ham; 3rd Weds of month, 12-3pm, Jack Cornwell C.C*

Hatha Yoga (18yrs+) Bring your own mat. £3. *Fri, 10.45am-12.15pm, Jack Cornwell C.C*

Table Tennis Mondays

Mon, 11am-4pm, The Gate

Board Games for Adults

(18+) Carrom Board, chess and other board games for adults. *Thurs, 5.30-7.30pm, The Gate*

Triple P Positive Parenting Programme

For parents of children aged 18 months to 12-years-old. Advance booking needed. Call 020 3373 7478 for more info. *Weds, 5.30-7.30pm, East Ham*

Time for Technology

Fri, 2-3.30pm, The Gate

Reed Employment Adviser

In partnership with Reed. For interview skills, CV help from a specialist employment and education adviser. Contact 07813 454261 to book appointment or email asim.khan@reed.co.uk *Green St*

Step Forward with Casa Lusa

Advice, information, guidance and 1-2-1 support, training and employment, health and wellbeing. *Mon – Weds, 10am- 2pm at Durning Hall, Forest Gate. Email: casalusa.london@gmail.com or call 07497945681*

Chair Based Exercise Group

Open to all adults. Gentle stretches and exercises for all abilities. With qualified teachers. *Mon, 12.30-1.30pm, Green Street.*

Textile Arts

Group with qualified teachers

to learn and improve in embroidery, all ages. *Mon, 6-7.30pm, Green St*

Workplace Drop-Ins

For residents seeking employment to discuss job vacancies, training etc. *Fri, 10.30am, Green Street; Mon, 2-5pm, fortnightly, Canning Town; Tues, 2-4pm, fortnightly, The Gate; Weds, 3-5pm, fortnightly, East Ham. For more details email: rehana.b@newham.gov.uk*

Embroidery and Textile Club (16+)

Learn new sewing skills or find new ways to make things using textiles. *Thurs, 10.30am-12.30pm, embroidery; Thurs, 6.30-7.30pm textiles, Manor Park.*

COMMUNITY ACTIVITIES



Mums2be Meetup

Information and support for expectant parents. *Third Sat of every month, 10-11am. Email newham@nct.org.uk*

Mums, Bumps and Babies

Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Newham Super Choir

Tues, 10.30am-12pm, Beckton C.C

ManorFam

Brings families together to make friends. *Mon, 10.30am-12.30pm, Manor Park*

Singing for Health

Tues, 2pm, Jack Cornwell C. C

BOXING AND SELF DEFENCE



Boxing (Newham College)

Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

Boxing and Self Defence

Tues, 5-6pm (16+), 4-5pm (6-11yrs), Jack Cornwell C.C

West Ham Boys ABC

Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

Martial Arts (7-12yrs)

£2. Tues, 6.45-7.45pm, Thurs 4.45-5.45pm, Beckton

Martial Arts

Learn new skills, self defence. Adults, £3. *Thurs, 6-7pm, Beckton Globe; Sat, 2-4pm, Beckton C.C.*

Self Defence/Martial Arts

Learn new skills with our, fun, mixed martial arts classes.  Open to all ages and abilities and teach you discipline and self-defence techniques. *Fri, 6.45-7.45pm, Stratford*

HEALTH AND FITNESS



Salsa Dancing (18yrs+)

Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

Nordic Walking

Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs.

Tai Chi Class

Fri, 10-11am, Beckton C.C. Fri, 11am-12pm, The Gate. Fri, 5-6pm, Beckton Globe; Fri, 11am-12pm, Forest Gate; Thurs, 6-7pm, East Ham

Yoga

£5. Thurs, 6.30-7.30am, Grassroots; Free. Mon, 6-7.30pm, Beckton; £1. Weds, 6-7.30pm, East Ham; Sat, 10am-12pm, Plaistow; Mon, 6-7.30pm, Green St; Thurs, 6.15-7.45pm, The Gate; Tues, 1.30-3pm, Stratford

Tone-Tastic (18+yrs)

Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C

Aerobics

Tues, 9.30-10.30am, Jack

Cornwell C.C £2

Keep Fit to Salsa (18+)

Sat, 2.30-5pm, The Gate

Walking Group

Meet at the library. *Sat, 10am-11am, Plaistow*

Stroke Club (18+)

For men and women living with the effects of stroke. *Weds, 2-5pm, Katherine Road C.C; Fri, 1.30-3.30pm, Jack Cornwell C.C.*

Relaxation & Yoga

Weds, 1.30pm-2.45pm, Well Community Centre, Vicarage Lane, East Ham.

Zumba classes

London Tamil Sangam Centre, 369 High St North. Thurs, 7-8pm, £5 per class. Call 07720 805505

Tai Chi in the park (18+ yrs)

Chance to get out and get fit. Meet at Magpie Lodge (corner of Forest Lane and Magpie Close). *Mon, 11am-12pm, Forest Lane Park, Forest Lane, E7*

50+ ACTIVITIES



Bingo (50+ yrs)

Mon, 1-2pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

ICCAN

Faith based group with cultural activities. *Fri, 12-2pm, Jeyes C.C*

Active Centre 50+ Group

Weds, 12-4pm, Field C.C; Mon, Weds, Fri, 1.30-4pm, Beckton C.C.

Dominoes Group

Fri, 5-9pm, Field C.C

Chair Based Yoga

Tues, 12.30-1.30pm, Manor Park

Forever Young

Enjoy community activities and make new friends. *Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.*

Happy Living Club

Indoor and outdoor activities. *Tues, Weds, 1.30-5.30pm, Jeyes C.C*

Holiday Spanish Club

Weds, 12.30-1.30pm,

Manor Park

**Walking Football**

Email: dgheerawo@westhamunited.co.uk or call 07803 201299. Tues, 10-11am, Priory Park

**Get Active, Get Healthy, and Exercises for Fitness**

Thurs, 11-12pm, Jack Cornwell C.C.

**Get Active, Get Healthy****- Walk to the Park**

Mon, 10.30-11.30am, Manor Park

**Community Food****Growing Project**

Weds, 10am-12pm, fortnightly, East Ham

**Community Cooking Project**

Six-week course. £6. Weds, 11.45am-1.15pm, East Ham

**Pilates Class**

Tues, 9.30-10.30am, Field C.C.

**Drop-In Embroidery Class**

Mon, 11am-1pm, East Ham

**Chair Based Exercise**

For all fitness levels. Fri, 10.30-11.30am, East Ham.

**Fitness for 50+**

Fitness circuit, mixed, 9.15-10am, Thurs; Fitness circuit, mixed, 10-10.45am, Thurs; Zumba, 1-2pm, Tues, ladies only; Exercise for ladies, 9.30-10.30am, Fri; Exercise for ladies, 10.30-11.30am, Fri; yoga for ladies, 1-2pm, Fri. Katherine Road C.C; Tues, 11am-1.30pm, Beckton C.C.

**Chair Based Exercises**

Numbers are limited so arrive on time to ensure your place. Weds, 10.45-11.45am, Community Road Centre, E15

**GREEN****Green Gym** Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973156**Green Volunteering** Tues and

Thurs, 10am-2pm Silvertown Wy, E16 (opp. Hallsville Rd)

**Garden Club**

Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

**Gardening Thymes****Gardening Club** Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6**Grow Together Be Together****Community Gardening****Club** Weds, 10am-1pm. Sat, 1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070**Caravanserai Garden****Volunteering** Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863384**Community Gardening**

Tues, 11.30am-2.30pm, St John's Green Community Garden

**DOORSTEP CLUBS**

Call 0300 124 0123, unless otherwise stated.

Athletics Club (14yrs+)

A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394756

**Gym & Basketball (14yrs+)**

Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

**FEMALE SPORTS****Basketball Sessions**

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

**Female Boxfit (14yrs+)**

Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783526

**Girls Group Cycling (11-15 yrs)**

Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

**Modern Arnis Martial Arts (16yrs+)**

Tues, 5-6pm. Call 07473 030250. Jack Cornwell C.C

**Female Only Gym Sessions**

Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

**Get Back into Netball**

Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £5. Lister Community School, E13. Email: opanetballclub@hotmail.com

**Abs Blast (11-15yrs)**

Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

**Fun Female Fitness (14yrs+)**

Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

**Netball (14yrs+)**

Mon, 5-6pm, Newham College, East Ham Campus, E6 6ER. £1 for non-Newham College students. Email: sports@newham.ac.uk

**Female Only Zumba**

Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292893; Thurs, 10.15-11.15am, Stratford, £2.50;



Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16 2DE. £2.50

**Dare2Dance (12-16yrs)**

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

**SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE**

Newham Leisure Centre, E13.

Call 0300 124 0123. Sun,

12.30-2pm, Family Swim,

Balaam Leisure Centre, E13.

£5. Call 0300 124 0123.

**Get Fit for Free**

Tues, 1.30-3.30pm and Fri, 10am-12pm. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

**RUNNING AND ATHLETICS****Beckton Park Run**

Sat, 9am, Beckton Park South, E16. Call 07718 394756 www.parkrun.org/beckton

East End Road Runners

Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261647.

Children's Athletics (6+)

Sat, Years 1 to 4, 9.30-10.30am; Years 5 to 7, 10.30am-11.30am. £20 for 6 weeks. Tues, Years 1 to 4, 5.30pm-6.30pm; Years 5 to 7, 6.30-7.30pm. £35 for 10 weeks

Run England

£2 unless stated. Sun, 10am-12pm, Newham Leisure Centre, E13 (meet on track).

Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track).

Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds, 12-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion).

Sat, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394874.

**SPORTS****Cricket (14yrs+)**

Tues, 6-8pm, Newham Sixth

GREEN**Green Gym** Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973156**Green Volunteering** Tues and

Form College, E13. Call 07476 269226

Indoor Cricket (8-16yrs)

Weds, 6-8pm, £2, Lister Community School, E13, email: michelle.daniel@activeNewham.org.uk

Black Arrows

Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

Newham and Essex Beagles Athletics Club

Mon and Weds, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Weds, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandesssexbeagles.co.uk

BMX (6-16yrs)

Sun, 10am-12pm, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333615

Adult Tennis (16+)

Sat, 9-10am, 10-11am, 11am-12pm, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun, 9-10am, 10-11am, 11am-12pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: michelle.daniel@activeNewham.org.uk 07741 293513

Table Tennis (14yrs)

Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Volleyball with Newham College (14yrs+)

Thurs, 5.30-7pm, East Ham Leisure Centre, email: sports@newham.ac.uk

FOOTBALL



AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12pm, Memorial Park,

Memorial Ave, E15.

Fri, 3-5pm, Beckton

Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics

Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports

Mon, 4-5.30pm, Newham Leisure Centre, E13.

Weds, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rector Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

Ascension Football

Sat, 9.15-10.45am, £3, reception to year 11. Royal Docks School, Prince Regent Lane, E16. Call 07806 584925 or 020 7511 1232

BASKETBALL



Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rector Rd, E12

National League

Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokey School, E16.

Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure

Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports - Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email: sports@newham.ac.uk or call 020 8257 4255

Senior Programme

Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokey School, E16. Call 07947 401616

Basketball (14yrs+)

Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: sports@newham.ac.uk

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated.

Mon, 16 Jan, 6.30pm,

Newham Schools Forum, Francis House, 760 Barking Road, E13

Tues, 17 Jan, 6.30pm,

Governors Forum

Tues, 17 Jan, 7pm, Strategic Development Committee, Council Chamber, Old Town Hall, Stratford, E15

Tues, 24 Jan, 7pm, Audit Board

Thurs, 26 Jan, 9am, Mayoral Proceedings

CONTACT THE MAYOR

Here to Help sessions

Please register 30 minutes before session starts.

Tues, 17 Jan, 5pm,

The Gate Community Neighbourhood Centre, 2-6 Woodgrange Road, Forest Gate, E7

There are no telephone surgeries in January but you can still contact the mayor by email mayor@newham.gov.uk or by writing to Mayor Sir Robin Wales, Newham Dockside, 1000 Dockside Road London E16 2QU

CONTACT DETAILS

LIBRARIES & COMMUNITY

NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6

Canning Town Barking Rd, E16

Custom House Prince Regent Ln, E16

East Ham 328 Barking Rd, E6

Green Street 337-341 Green St, E13

The Gate 2-6 Woodgrange Rd, E7

Manor Park 685-691 Romford Rd, E12

North Woolwich 5 Pier Parade, E16

Plaistow North St, E13

Stratford 3 The Grove, E15

Archives and Local Studies

020 3373 6881

Community Outreach 020 337 30813

Church of God 37 Manor Park Road, E12, 020 8911 9494

LEISURE & SPORTS VENUES

Atherton Leisure Centre

189 Romford Rd, E15

Balaam Leisure Centre

14 Balaam St, E13

East Ham Leisure Centre

324 Barking Rd, E6

Newham Leisure Centre

281 Prince Regent Ln, E13

Newvic Prince Regent Ln, E13

UEL SportsDock Docklands Campus, University Wy, E16

COMMUNITY CENTRES (C.C)

Beckton Community Centre

14 Manor Wy, E6, 020 7511 1214

East Ham Market Hall Myrtle Rd, E6 1HY, 020 8471 0292

Field Community Centre

147 Station Rd, E7 020 8536 2800

Grassroots Centre Memorial Park, Memorial Ave, E15, 020 3373 0650

The Hub 123 Star Ln, E16

020 3373 0750

Jack Cornwell Community Centre

Jack Cornwell St, E12 020 8553 3459

Jeyes Community Centre

1 James Cl, E13, 020 3373 2205

Katherine Rd Community Centre

254 Katherine Rd, E7, 020 8548 9825

St Mark's Community Centre

218 Tollgate Rd, E6, 020 7474 1687

Vicarage Ln Community Centre

Govier Cl, E15, 020 8519 0235

Harold Rd Centre 170 Harold Road, E13 0SE, 020 8472 2805

Queens Market Green St, E13

Rabbits Rd Institute

835 Romford Rd, London E12 5JY

Royal Docks Learning Activity Centre Albert Rd, North Woolwich, E16 2JB

St John's Green Community Garden

Albert Rd, North Woolwich E16 2JB

St Bartholomew's Church & Centre, 292b Barking Road, E6 3BA

London Road, 1 London Road, E13 0AT

The Community Resource Centre, 200 Chargeable Lane, E13 8DW 020

3373 2697

Have Bold Dreams

**Make them happen -
GSM London is giving
the Newham community
the chance to change
their life with a degree
on their doorstep.**



A unique strengths-based approach in a supportive environment is helping students from all backgrounds achieve a top university degree. Students are considered on their personal motivation to succeed rather than only academic qualifications. And by adopting a teaching approach which nurtures talent, GSM London has become known as the "you can do it" local higher education provider.

A large number of GSM London students start their degree courses without formal qualifications. A third of their students have children to support and many are working. Students come from diverse communities, but they all have one thing in common: a desire to fulfil their career ambitions.

Study locally

GSM London works with and for the local communities. The majority of GSM London students have life commitments when they enter a degree. So with campuses located in easily accessible areas, students are able to live at home while studying and save on rent costs as well as benefiting from support from their network of family and friends – a real must when undertaking a life-changing university degree. The Greenwich Campus is easy to get to by public transport, so going to class is just a bus or train away from the main Newham stations.

**For expert advice
and to start a degree in
the new year, call a GSM
London course advisor on
020 3811 2109 today.**

Access for all

No formal qualifications? No problem. If you are returning to study to improve your job prospects, are returning to learning after several years of working or child-raising, or haven't formally completed your education, you can benefit from the inclusive nature of GSM London. The integrated **Foundation Year** equips students with the skills and knowledge needed to begin a university degree, making them academically ready and confident to begin their studies.

The foundation year is part of the degree course itself, and is made up of taster modules that give you an insight into different subjects. If you feel your study skills are a little rusty, you can get on the **Flying Start** classes, which take place over a two-week period between enrollment and your start date and are free. Flying start is designed to build your confidence in numeracy, computer skills, and English. GSM London also offer English refresher courses for those whose English is not their first language.

More affordable than you think

GSM London's **tuition fees are lower** than most other universities. More often than not, students pay nothing whilst they study, as government funding is available through student loans. Most students that apply to GSM London are eligible for a student loan that can cover tuition fees and living costs while studying.

"Choosing an institution that could support me back into the learning process was vital, especially after having a child and starting up my own business."

Tonisha Tagoe, GSM London graduate

What's more, with a university degree on your CV, you can **earn up to 43% more** (according to the Department of Business, Innovation and Skills, 2016).

Academically respected

All degrees at GSM London are awarded by Plymouth University, one of the UK's top modern universities. They prepare students for **some of the highest-earning careers** such as business management, oil and gas, economics and finance. It's the career-focused tutoring that makes it such a distinctive place to study.

Taking the next step

GSM London's course advisors can guide you on ways to fit a degree into your busy life, help you with selecting the right course and applying for student finance, as well as providing the information needed to make an informed decision.

Amira Bawazir benefited from this unique support service: "I decided to come back to education and found my course advisor to be really helpful and supportive. She took me through the application process giving me clear information about the course, funding and what to expect from higher education."



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LDE UTC has been set up in partnership with the University of East London (UEL) along with key employer partners including, Thames Water, Costain and Skanska to name but a few. These employers along with many more are investing in LDE UTC to create their work ready future workforces, equipping the students of today with the skills needed to be employable in their industries. Designed by our industry sponsors LDE UTCs curriculum provides clear routes into degree apprenticeships, university or employment.

If you are currently at school in years 9 or 11 you can **apply now** to join LDE UTC in September 2017 for years 10 or 12.

For more information about this innovative school or to book your place at one of our information evenings for prospective students and their parents/carers visit:

www.LDEUTC.co.uk/events or call 02030197333

Open evenings
Monday 23rd January
Monday 6th February

LDE UTC

Docklands Campus
15 University Way
London, E16 2RD

